

For information about chapel and off-base worship services, call the RAF Lakenheath chapel staff at Ext. 3711.

Codependency meeting

A codependency anonymous group meets at 7 p.m. Wednesdays in the social actions building. For more information, call Chap. (Capt.) Scott Ofsdahl at Ext. 3711.

Health-and-wellness center

The health-and-wellness center sponsors the following activities:

□ The next stress-management course is 1 - 3 p.m. today through March 28.

□ People who want to know their body statistics and cholesterol level should make an appointment to have their body fat, height and weight measured and have cholesterol levels and blood pressure checked. People should not eat or drink anything except water for 12 hours prior.

□ For information on any health, exercise, physical activity and fitness issues people can make an appointment with the exercise physiologist at the center.

□ The center offers a variety of health literature, references, and video and audio tapes for checkout without charge.

□ The center also offers the self-care program, which is designed to give all active-duty, Department of Defense members and their spouses information to make decisions on health care. People should contact their unit self-care facilitator for more information.

For more information on any of these programs, call Ext. 2710.

Advance theater tickets

People can purchase advance tickets for theater performances at the movie theater at Special T's, located inside the Shoppette. Tickets are available up to seven days in advance and are on sale from 10:30 a.m. - 6 p.m. weekdays and from 10:30 a.m. - 3 p.m. Saturdays and Sundays. The RAF Mildenhall food court also sells advance tickets for the Mildenhall theater. For more information, call (01638) 532208.

Roll the Stone Away

Reflections presents "Roll the stone away," an Easter drama, at 7 p.m. March 22 in the Breckland Middle School Auditorium, Crown Street, Brandon. The show is free, but donations of dry or canned goods are accepted. For more information, call (01842) 827546 or (01842) 814007.

Logistics group banquet

The 48th Logistics Group 1996 Professional Performer of the Year banquet is April 18 at the officers' club. Social hour begins at 6 p.m. and dinner is 7 p.m. Attire is semiformal or mess dress. Cost is \$15 per person for E-6 and below and \$18 for E-7 and above. For more information, call MSgt. Sylvester Thomas at Ext. 3157.

Buddy Holly trip

The 48th Medical Group auxiliary sponsors a theater trip to see "Buddy," a musical about the life of Buddy Holly. A bus leaves from Lakenheath at 10 a.m. Saturday. The £25 cost includes tickets and round-trip transportation. For more information, call Sheila Shaner at (01842) 827170.

Red Cross

□ The Red Cross needs people to fill these positions: summer youth program chairperson, hospital chairperson, elementary school chairperson, newsletter publicist, assistant chairperson of volunteers and emergency message volunteer.

□ The American Red Cross sponsors a coloring contest through March 28 at the base library. Prizes are awarded for each age group. Entries can be picked up at the library.

□ The American Red Cross sponsors a baby-sitting instructor course April 19 and 26 at the RAF Alconbury family services center. Participants must hold a current Red Cross instructor candidate training certificate. To register, call Ext. 1855 by today.

Musicians sought

The RAF Molesworth chapel seeks musicians for the Protestant chapel program. For more information, call DSN 268-3343.

Initial ethics training

The legal office offers initial ethics training from 9 - 10 a.m. Tuesday in the 48th Support

See Community page 21

Family Support

Contact the family support center staff at Ext. 3847 for information on the following programs, or stop by Bldg. 692. All classes are held in the family support center unless otherwise noted.

New hours

The family services area hours have been lowered due to low manning. People who need to pick up items should do so between 10 a.m. and 4:30 p.m.

Financial workshop

A mandatory financial workshop for E-4s and below is 1 - 3:30 p.m. Monday in the conference room. The briefing advises military members and their families on personal

budgeting, checking-account maintenance, debt management, dual currency and more.

Marriage enrichment

A marriage enrichment class is 9 a.m. - 4:30 p.m. Tuesday and Wednesday in the small classroom. Topics include personal and family values, communication and conflict resolution.

Life is an Attitude

A "Life is an Attitude" class is 2 - 4 p.m. Tuesday in the conference room. Topics include staying positive and setting goals.

Supervisors' training

A volunteer supervisors' training class is 11 a.m. - 1 p.m. Thursday in the conference room. Topics include strengthening nomination packages,

training assessment and development.

PCSing with your pet

A "PCSing with your pet" workshop is 7 - 8 p.m. Wednesday in the conference room. Find the easiest way to plan a pet's PCS move. Scheduling flight information is provided by the traffic management office. David Newton, a local pet transportation professional, gives specifics on how to best prepare for pet comfort during trips.

Career Café

The Career Café, a series of lunchtime seminars to sharpen job-search skills, is 11:30 a.m. - 1:30 p.m. March 14 in the family support center. This session concentrates on preparing effective United Kingdom resumes and application cover letters.

Sign language

An 11-week intermediate course meets from 11:30 a.m. - 1

p.m. today in the small classroom. Sign up by March 14.

Teen life

A teen-life group meets from 5 - 6 p.m. today at the youth center. The group promotes personal development and effective coping skills among teenagers.

Spouses group

The foreign-born spouses group meets from 6 - 8 p.m. today in the conference room. This is an educational forum for spouses who are of foreign heritage.

Second language

An English-as-a-second-language class meets from 6 - 8 p.m. Wednesdays and from 6 - 9 p.m. Thursdays in the small conference room. The instructor teaches conversational English as well as American social customs and traditions.